

## CLAIMS

Now, therefore, the following is claimed:

1. A wader, comprising:  
5 a wader leg; and  
a leg insulator in contact with said wader leg, said leg insulator capable of being removed from said wader leg while a user's leg is positioned within said wader leg.
2. The wader of claim 1, wherein said leg insulator is detachably coupled to  
10 said wader leg.
3. The wader of claim 1, wherein said leg insulator substantially encircles the user's leg.
- 15 4. The wader of claim 1, wherein said leg insulator has a first end and a second end, said first end juxtaposed with said second end.
5. The wader of claim 4, wherein said first end is separated from said second end by a gap.

6. An improved wader, said wader comprising a wader leg for receiving a user's leg, the improvement comprising:

a leg insulator positioned within said wader leg, said leg insulator capable of being removed from the wader leg while the user's leg is positioned within said wader leg.

7. The wader of claim 6, wherein said leg insulator is detachably coupled to said wader leg.

8. A wader, comprising:

means for receiving a user's leg and for isolating the user's from water as the user wades through said water; and

means for insulating the user's leg as the user wades through said water, said insulating means positioned within said isolating means and capable of being removed from said isolating means while the user is wearing said isolating means.

9. The wader of claim 8, further comprising a means for detachably coupling said insulating means to said isolating means.

10. The wader of claim 8, wherein said insulating means substantially encircles a leg of the user.

11. A method, comprising the steps of:  
providing a wader, said wader having a wader leg;  
inserting a leg insulator into said wader leg;  
5 inserting a user's leg into said wader leg;  
positioning said leg insulator such that said leg insulator thermally insulates the  
user's leg when the user's leg is inserted into said wader leg; and  
removing said leg insulator from said wader leg while the user's leg is inserted into  
said wader leg.

10

12. The method of claim 11, further comprising the step of:  
detachably coupling said leg insulator to said wader leg.

13. The method of claim 11, wherein said leg insulator has a first end and a  
15 second end, and wherein the method further comprises the step of :  
juxtaposing said first end with said second end.

14. The method of claim 11, wherein said positioning step includes  
the step of:  
20 substantially encircling the user's leg with said leg insulator.

15. A method, comprising the steps of:

providing a wader, said wader having a wader leg;

contacting said wader with a leg insulator;

5 inserting a user's leg into said wader leg;

positioning said leg insulator such that said leg insulator thermally insulates the  
user's leg when the user's leg is inserted into said wader leg; and

removing said leg insulator from said wader leg while the user's leg is inserted into  
said wader leg.

10

16. The method of claim 15, further comprising the step of:

detachably coupling said leg insulator to said wader leg.

17. The method of claim 15, wherein said contacting step includes the step of:

15 engaging said leg insulator to an inner portion of said wader leg.

18. The method of claim 15, wherein said positioning step includes the step

of:

substantially encircling the user's leg with said leg insulator.

20